

OSTEOPOROSIS AND RELATED WEBSITES

American Academy of Orthopaedic Surgeons

<http://www.orthoinfo.org/> The American Academy of Orthopaedic Surgeons provides education and practice management services for orthopaedic surgeons and allied health professionals.

Centers for Disease Control and Prevention, National Bone Health Campaign

<http://www.cdc.gov/powerfulbones/> The National Bone Health Campaign (NBHC) is a bone-health promotion program undertaken in partnership by the Centers for Disease Control and Prevention, the Office on Women's Health in the U.S. Department of Health and Human Services and the National Osteoporosis Foundation.

National Institutes of Health on Osteoporosis and Related Bone Diseases

<http://www.osteoporosis.nih.gov/> (800) 624-BONE (2663)

The mission of the National Institutes of Health on Osteoporosis and Related Bone Diseases is to provide patients, health professionals, and the public with an important link to resources and information on metabolic bone diseases, including osteoporosis, Paget's disease of the bone, osteogenesis imperfecta and hyperparathyroidism.

National Osteoporosis Foundation <http://www.nof.org/> (800) 223-9994

The National Osteoporosis Foundation (NOF) is the leading nonprofit, voluntary health organization dedicated to promoting lifelong bone health in order to reduce the widespread prevalence of osteoporosis and associated fractures.

National Aging Information Center www.aoa.gov/naic (202) 619-7501

NAIC serves as a central source for a wide variety of information on aging for older people, their families and those who work for or on behalf of older persons. NAIC resources include program and policy-related materials for consumers and practitioners as well as demographic and other statistical data on the health, economic, and social conditions of older Americans.

National Institute on Aging Information Center www.nih.gov/nia/health

(800) 222-2225 The National Institute on Aging (NIA), one of the 25 institutes and centers of the National Institutes of Health, leads a broad scientific effort to understand the nature of aging and to extend the healthy, active years of life.

U.S. Government Resources

****National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIH)***

<http://www.niams.nih.gov/> NIAMS is the primary NIH organization for research on osteoporosis and other musculoskeletal health issues. The section called "Health Information" provides consumer and patient information.

****Osteoporosis and Related Bone Diseases - National Resource Center (NIH)***

<http://www.osteoporosis.nih.gov/> The National Resource Center is dedicated to increasing awareness, knowledge and understanding about the prevention, early detection and treatment of osteoporosis and related bone diseases.



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****Bone Health and Osteoporosis: A Report of the Surgeon General***

<http://www.surgeongeneral.gov/library/bonehealth/> The Surgeon General issues the first-ever report on the nation's bone health.

****Centers for Disease Control and Prevention: Bone Health***

<http://www.cdc.gov/nccdphp/dnpa/bonehealth/> Information for both adults and children about bone health and osteoporosis from the Centers for Disease Control and Prevention.

National Institute on Aging <http://www.nia.nih.gov/> The National Institute on Aging leads a broad scientific effort to understand the nature of aging and to extend the healthy, active years of life.

Organizations

****United States Bone and Joint Decade*** <http://www.usbjd.org/> The Bone and Joint Decade is a global, multi-disciplinary initiative targeting the care of people with musculoskeletal conditions--bone and joint disorders. Its focus is on improving your quality of life as well as advancing the understanding and treatment of those conditions through research, prevention and education.

****Arthritis Foundation*** <http://www.arthritis.org/>

The Arthritis Foundation supports the more than 100 types of arthritis and related conditions with advocacy, programs, services and research (in English and Spanish).

****International Osteoporosis Foundation*** <http://www.osteofound.org/>

The International Osteoporosis Foundation is an international non-governmental organization whose mission is to advance the understanding of osteoporosis and to promote prevention, diagnosis and treatment of the disease worldwide.

American College of Rheumatology <http://www.rheumatology.org/> The American College of Rheumatology is the professional organization of rheumatologists and associated health professionals. The "patients and public" section of the website has consumer-friendly information.

BOOK:

Nelson, Miriam E. (2000). *Strong Women, Strong Bones: Everything You Need to know to Prevent, Treat, and Beat Osteoporosis*. New York, New York: Perigee.

www.strongwomen.com Strong Women's mission is to catalyze positive change in women of all ages to live stronger, healthier lives by providing knowledge, inspiration, access to programs, and ongoing support.

